



October 6, 2007

Dear CCHP member:

Flu season is coming and it's time to think about who in your family needs a vaccination against influenza (flu). The flu vaccine helps prevent serious cases of influenza and hospitalization.

### **When should you get the vaccine?**

It is best to get your flu shot in October or November **before** flu season starts. However, since the flu season peaks between January and March, you can still benefit from getting the vaccine in December or January.

### **Who should get the flu vaccine?**

The CDC (Center for Disease Control) recommendations are:

- People who are 50 years or older
- People of any age who have ever had a heart attack, have heart disease, have lung disease such as asthma, emphysema or chronic bronchitis; have diabetes, HIV, a blood disorder, kidney disease, or a weakened immune system
- Children age 6 months and older until their 5th birthday
- Pregnant women
- People who live in nursing homes or assisted living facilities

CDC also recommends that people who care for or live with anyone listed above get a flu vaccine. This includes healthcare workers. Getting a flu vaccine will help stop you from bringing the virus home or to work and infecting others. Anyone who wants to protect themselves from the flu can get a flu shot, including school-aged children.

### **How do I get the vaccine?**

If you are in one of the categories listed above and are seen regularly at one of the County Health Centers **you need to read the box below.**

***Ambulatory care flu clinics will run from November 12<sup>th</sup> – December 15<sup>th</sup>.  
Schedule your appointment with the treatment nurse by calling 1-800-495-8885.***

***For the Baypoint and North Richmond Health Centers, call for an appointment  
with your provider at 1-800-495-8885 and you will get your flu shot as part of a  
your regular provider visit.***

Any CCHP member can attend a Contra Costa Public Health Flu Clinic (see reverse side for schedule) and receive the vaccine for free **by showing your CCHP card.**

You can also get the vaccine at a local pharmacy or other flu clinic and submit a receipt to CCHP Business Services, 595 Center Ave Ste. 100, Martinez, CA 94553. CCHP will reimburse your costs up to \$20 for flu vaccine and up to \$25 for Pneumovax.

James Tysell, MD  
CCHP Medical Director

## Contra Costa Public Health Flu Clinics - 2007

Contra Costa Health Services will offer flu shots to seniors, high risk persons and the general public, 9 years of age and over at the following locations:

### Tuesday, October 16

<b>Richmond</b> Nevin Community Center 598 Nevin Avenue 9:30 am – 11:00 am	<b>Richmond</b> Annex Senior Center 5801 Huntington Avenue 1:00 pm – 2:30 pm
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### Wednesday, October 17

**Walnut Creek**  
 Heather Farms Community Center  
 301 N. San Carlos Drive  
 9:00 am – 11:00 am

### Thursday, October 18

<b>Richmond</b> Recreation Complex 3230 MacDonald Avenue 9:30 am – 11:30 am	<b>El Cerrito</b> Community Center 7007 Moeser Lane 1:00 pm – 3:00 pm
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### Tuesday, October 23

<b>Antioch</b> Senior Center 415 West 2 <sup>nd</sup> Street 9:00 am – 11:00 am	<b>Pittsburg</b> Pittsburg Senior Center 300 Presidio Lane 2:00 pm – 3:30 pm
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### Wednesday, October 24

**Brentwood**  
 Community Center  
 730 Third Street  
 9:00 am – 11:00 am

### Thursday, October 25

<b>Pinole</b> Senior Center 2500 Charles Street 9:00 am – 10:30 am	<b>San Pablo</b> Senior Center 1943 Church Lane 1:30 pm – 3:30 pm
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### Tuesday, October 30

<b>Concord</b> Senior Center 2727 Parkside Circle 9:00 am – 11:00 am	<b>Danville</b> Veterans Hall 400 Hartz Avenue 2:00 pm – 3:00 pm
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<b>Wednesday, October 31</b>	<b>Tuesday, November 6</b>
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<b>San Ramon</b> Senior Center 9300 Alcosta Blvd 10:00 am – 12 noon	<b>Pleasant Hill</b> Community Senior Center 233 Gregory Lane 1:30 pm – 3:30 pm
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### Wednesday, November 7

<b>Martinez</b> Senior Center 818 Green Street 9:30 am – 11:30 am	<b>Lafayette</b> Senior Center 500 St. Mary's Road 2:00 pm – 3:30 pm
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We do not provide flu shots to persons with current fevers or infections, or allergies to eggs.

Fee for flu shots is \$10.00 (although no one will be denied if they are unable to pay).

Flu shots are **free** to CCHP members with their CCHP ID Card.

CCHP Medicare members may also get free flu shots at these locations. However, we will not accept any other kind of Medicare patients this year.

Please note, clinics listed do not provide immunizations to children under 9 years of age. For a listing of flu clinic locations for children under 9, please call: 1-800-246-2494

Other clinics might be available in your area. Please check [flucliniclocator.org](http://flucliniclocator.org) for additional clinics.

Pneumonia and Tetanus/Diphtheria/Pertussis immunizations will also be available at the clinic sites.

Pneumonia - \$30.00  
 Td (Tetanus/Diphtheria)- \$15.00  
 Tdap (Tetanus/Diphtheria/Pertussis) - \$15.00

No charge to CCHP members who present their CCHP ID Cards.